

What Is Post-Polio Syndrome (PPS)?

Post-Polio Syndrome (PPS) is a neurological disorder that affects up to 60 per cent of the estimated 650,000 individuals who recovered from paralytic polio 40 or more years ago. It is believed by many researchers to be caused by the gradual loss of nerve cells damaged by the polio virus after decades of overuse. In New Jersey, there are an estimated 30,000 polio survivors.

What Are the Most Common Symptoms of PPS?

- Fatigue, often overwhelming
- New muscle weakness
- Pain, especially in muscles and joints
- New breathing and swallowing difficulties
- Cold intolerance
- Sleep disturbance

What Can You Do to Minimize PPS?

- Get periodic evaluations and proper therapy from health care professionals who know about PPS.
- Learn to pace yourself.
- Listen to your body. Stop an activity when you begin to experience fatigue, weakness, or pain.
- Set priorities and do only what is important.
- Take a 15-to-30-minute rest break several times a day.
- Eat a sensible diet and watch calorie intake. Extra weight causes problems for weakened muscles.
- Get adequate sleep.
- Learn to manage stress.
- Use assistive devices, such as crutches, braces, scooters, and wheelchairs, when recommended by your health care professional.
- Don't be afraid to ask for help. It's a smart way of practicing energy conservation.
- Join the Polio Network of New Jersey and a local support group for continuing updated information.

What Is the Polio Network of New Jersey?

The Polio Network of New Jersey (PNNJ) and its local chapters make up an organization for concerned polio survivors, family members and

friends, and health care professionals. PNNJ is a non-profit New Jersey organization governed by a board of directors composed of polio survivors. It has been granted tax exempt status under section 501(c)(3) of the Internal Revenue Code. All contributions are tax deductible. Programs are funded by membership dues, donations, and grants.

Ruprecht Memorial Fund

Grants not exceeding \$500 are available through the Ruprecht Memorial Fund, sponsored by the Polio Network of New Jersey, to help pay for polio-related goods and services for polio survivors living in New Jersey. For further information and to apply, contact Heightened Independence and Progress. Phone: 201-996-9100; fax: 201-966-9422; or e-mail: ber@hipcil.org.

Among the Services Available Through PNNJ are:

- A quarterly newsletter
- An annual conference with nationally recognized speakers
- Information on PPS and post-polio issues
- A library of books, CDs and audio and video tapes available to members
- Assistance to the health care community with information and encouragement to promote research
- Advocacy for polio survivors
- Support for local chapters
- One-on-one assistance to those seeking to establish chapters in their areas

If you wish to join the Polio Network of New Jersey and/or would like information on post-polio syndrome, fill out the attached form and return it in an envelope addressed to:

Polio Network of New Jersey
PO Box 537
Martinsville, NJ 08836
Telephone 201-845-6860
Website: www.NJPNPolio.org
E-Mail: NJPN10@hotmail.com

AFFILIATED WITH
POST-POLIO HEALTH INTERNATIONAL (PHI)
WEBSITE: WWW.POST-POLIO.ORG

POLIO NETWORK OF NEW JERSEY

NAME _____ HOME PHONE _____

ADDRESS _____ CITY _____

COUNTY _____ STATE _____ ZIP _____

☐ I am a polio survivor. Occupation _____

☐ I am a relative/friend of a polio survivor.

☐ I am a health care professional. Occupation _____

☐ I wish to be a member of the PNNJ and am enclosing my \$10 annual dues. All dues are tax deductible.

☐ I cannot join PNNJ at this time but would like to be put on your mailing list.

☐ Enclosed is my check in the amount of \$ _____ ☐ It includes an additional tax deductible contribution.

Make check payable to Polio Network of New Jersey or PNNJ: Mail to PO Box 537, Martinsville, NJ 08836

POLIO Network

OF NEW JERSEY

Support Groups

ATLANTIC COUNTY AREA

May's Landing Library,
 Farragut Avenue, May's Landing
 3rd Saturday, 10 am-12 noon
 Contact: Marge or Steve Disbrow
 For directions and to confirm date
 609-909-1518 or 609-476-2219

BERGEN COUNTY

Maywood Senior Center, Duvier Place, Maywood
 1st Saturday, 10:30 am-12:30 pm
 Contact: Heather Broad 201-845-6317

MONMOUTH COUNTY AREA

Seabrook Village, 300 Essex Road, Tinton Falls
 3rd Monday, 2 pm
 Contact: Toni Wilczewski 732-229-9343

MORRIS COUNTY AREA

March, July, Aug, & Dec
 Zeris Inn, Route 46 East, Mountain Lakes
 3rd Wednesday at 7 pm
All other months
 Charlie Brown's Restaurant
 Route 46 East, Denville
 3rd Monday at 1 pm
 Contact: Marion Rosenstein 201-585-8125 or
 Vince Avantagiato 973-769-0075

OCEAN COUNTY AREA

HealthSouth, 14 Hospital Drive, Toms River
 3rd Saturday, 10 am-12 noon
 April, September, and November
 Contact: Susan Gato 732-864-0998
 or Kevin Marie Moore 732-240-4272

RARITAN VALLEY—

Somerset/Hunterdon Counties

Manville Library, Manville, 908-722-9722
 1st Saturday, 10 am-12 noon
 Oct, Nov, Dec, March, April
 Contact: Arthur Siegfried 908-722-7212
 Fax: 908-429-1045

SOUTHWEST JERSEY AREA

Kennedy Conference Center
 (located between UMDNJ and Kennedy Hospital)
 30 E Laurel Road, Stratford
 4th Saturday, 10:30 am-12 noon
 Contact: Ann M Nasuti 856-784-7741

Post-Polio SYNDROME

*What
Is It?*

*What Can
You Do
About It?*

A fact sheet prepared by
Polio Network of New Jersey

